20 Minute* Fitness Routine

Prep: A Moment of Centering; Hydration; & Light Fuel (i.e., fruit and protein)
Equipment: Water Bottle, Resistance Band or Jump Rope

5 Minutes Stretch

World's Greatest Stretch

Downward Dog

5 Minutes Body Weight Exercise

Squat

Push-ups

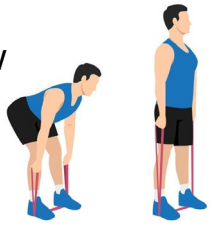
Side Plank

Plank

Sit-ups

5 Minutes Resistance Band

1. Chest Press
2. Dead Lift
3. Biceps Curl
4. Seated Row
5. Squat



OR

5 Minutes Aerobics

1. Jump Rope
2. Mountain Climbers
3. Jumping Jacks

5 Minutes Cooldown

***Optional**: Brisk 10 minute or ½ mile walk or 2 flights of stairs

2025 Yancy/KF